

WHAT IS CLAIMED IS:

1. A method of manufacturing a rocker arm for opening and closing a valve, the method comprising the steps of:

(a) providing a metallic sheet;

5 (b) bending the metallic sheet to form a pair of predetermined side wall regions and an predetermined connecting wall region for connecting the pair of predetermined side wall regions;

(c) first pressing outer sides of the pair of

10 predetermined side wall regions in a connecting direction, in which the predetermined connecting wall region extends, respectively, to plastically flow so that a height of the pair of predetermined side wall regions is gradually increased;

15 (d) second pressing the predetermined connecting wall region so as to be recessed in a height direction perpendicular to the connecting direction; and

repeating step (c) and (d) plural times, whereby a portions of the pair of predetermined side wall regions

20 are made to be a pair of valve guide walls of a valve engaging portion which extends in the height direction, in which the predetermined connecting wall region is made to be a connecting wall of the valve engaging portion, which connects the pair of valve guide walls with each other at

intermediate portion of the pair of valve guide walls in the height direction.

2. A rocker arm for opening and closing a valve

5 comprising:

a body including a valve engaging portion with which the valve is engaged, the valve engaging portion including a pair of valve guide walls opposed to each other and a connecting wall for connecting the valve guide walls with each other at a middle position in the height direction of the valve guide walls,

wherein the body is made of one metallic sheet by plastic deformation so that a metal flow continues between both the valve guide walls and the connecting wall.

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